

Winter Break - Lynnwood Pool Special Schedule

Closed: Fri Dec 24, Sat Dec 25, Sat Jan 1. **Closed at 3pm:** Fri Dec 31.

Pools also closed for annual maintenance: Jan 3 - Jan 9

Open Fitness Swim Schedule

MON Dec 20, Dec 27.	TUE Dec 21, Dec 28.	WED Dec 22, Dec 29.	THUR Dec 23, Dec 30.	FRI Dec 31. 3p- Closed	SAT Dec 25, Jan 1.	SUN Dec 26, Jan 2.
Wellness 5:30a - 9a 5p - 9:30p	Wellness 5:30a - 9a 3:45p - 9:30p	Wellness 5:30a - 9a 5p - 9:30p	Wellness 5:30a - 9a 3:45p - 9:30p	Wellness 5:30a - 9a	Recreation Center And Pools CLOSED	Wellness 9:30a - 12p
River, Lake 6:45a - 8a 9a - 10:15a 11:30-12:45p	River, Lake 6:45a - 8a 11:30-12:45p	River, Lake 6:45a - 8a 9a - 10:15a 11:30-12:45p	River, Lake 6:45a - 8a 11:30-12:45p	River, Lake 6:45a - 8a 9a - 10:15a 11:30- 12:45p		
Lap Pool (3 lanes) 10:15 -11:30a					Open Fitness is intended for self-directed exercise: Water walking, stretch, water exercises, & relaxation. Perfect for adults of all ages and abilities.	
Wellness Pool: 93°, ramp entry, balance bar, underwater bench, 3 - 4.5 feet. Rec Pool: 85° - Lake with bench and bike, 3.5 - 5 feet River: current, 3.5 feet Lap Pool: 83°, 3.5 - 5 feet, slopes to 12 feet						

Lap Swim Schedule

MON Dec 20, Dec 27.	TUE Dec 21, Dec 28.	WED Dec 22, Dec 29.	THUR Dec 23, Dec 30.	FRI Dec 31. 3p- Closed	SAT Dec 25, Jan 1.	SUN Dec 26, Jan 2.
6 Lanes 5:30a - 7a					Recreation Center And Pools CLOSED	3 Lanes 9:30-10:30a
3 Lanes 9a - 11:30a						6 Lanes 10:30a-12p
6 Lanes 11:30a - 12:45p						
3 Lanes M/W 3:45p - 7:30p		3 Lanes T/ Th 3:45p - 6:30p			Lap Swim has designated space to swim for fitness at your own pace. Lap lanes will be marked as slow, medium or fast. These are relative speeds to the other swimmers at the time.	
Lifetime Fitness* M/W- 7:30p - 9:30p *Not currently coached, only a workout is posted		6 Lanes T/Th 6p - 9:30p				

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Public Swims Schedule

MON Dec 20, Dec 27.	TUE Dec 21, Dec 28.	WED Dec 22, Dec 29.	THUR Dec 23, Dec 30.	FRI Dec 31. 3p- Closed	SAT Dec 25, Jan 1.	SUN Dec 26, Jan 2.
Beach only 5:30a - 9a					Recreation Center and Pools CLOSED	Beach Swim 9:30- 10:30a
Beach + Wellness 9a - 11:45a						Rec Swim 10:30-11:45a
Beach + River 11:45a - 12:45p						
Open Swim 1:15p - 3p						Open Swim 1:30p-3:15p 4:45p-6:30p
Rec Swim 3:45p - 6:15p 7p - 9p				Friday- Closed at 3pm		

All children under 6 must be actively supervised by an adult in the water at all times for all swims.

Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

Beach Swim:

0-18in deep shallow play area with water playground, family hot tub and spray features after 9:00am. Large slides are not available. Perfect for families with small children. If indicated on the schedule, may extend into additional pool spaces.

Recreation Swim:

Includes the entire recreation pool with 2 giant waterslides, river with current, and the beach area. Great for all ages!

Open Swim:

All pool areas are open for play time! Main pool with deep end, Rec pool with slides, warm water wellness pool and more.

Adult Hot Tub & Sauna Schedule

MON Dec 20, Dec 27.	TUE Dec 21, Dec 28.	WED Dec 22, Dec 29.	THUR Dec 23, Dec 30.	FRI Dec 31. Closed @ 3PM	SAT Dec 25, Jan 1.	SUN Dec 26, Jan 2.
5:30a - 1p					Rec Center And Pools CLOSED	9:30a - 12p
1:15p - 3:00p						1:30 - 3:15p
3:45p - 9:30p						4:45 - 6:30p

Water Fitness Classes- Standard Schedule

Regular class schedule for days and times we are open.
www.PlayLynnwood.com or 425-670-5732